

BELIEVER'S JOY

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THE BELIEVER'S JOY, GOD'S CHOICE

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CONTENTS

Foreword

Acknowledgement

Dedication

CHAPTER 1

Introduction- Who is a believer?

CHAPTER 2

The gift and power of joy.

CHAPTER 3

Can I be consistently Joyful?

CHAPTER 4

Joy is the will of God, Let it be full

CHAPTER 5

How to be consistently joyful

ACKNOWLEDGEMENT

I would like to appreciate God almighty for the grace, privilege and opportunity given to me to write this book. With all humility and sincerity, I appreciate the MOST HIGH GOD, for counting me worthy to be a vessel and a blessing to my generation, all the glory, honor and adoration be to his holy name in the highest.

I also want to thank my friends for their support most especially those who assisted me in different areas in this project, I want to thank them for their prayers and support.

I want to appreciate spiritual leaders the Lord has given to me, for their support, teachings and guidance, I'm honored and grateful for the gift of them.

Special thanks also to my parents for their unending love and support always.

CHAPTER ONE

INTRODUCTION

The role of Joy in a Man's Life

Man is a tripartite being - spirit, soul, and body- endowed with the ability to choose and experience life through these three dimensions. Among the greatest gifts God has given man is the capacity for joy, a state of being that transcends circumstances and reflects God's presence. Without the strength of God and his permission, man is limited; yet God has granted man dominion and the power to decide how he wants to live. He chooses how he wants his day to be either good or bad, either a day full of joy or a day full of sadness regardless of the situation, challenges, and circumstances. Even though God has given man the power to take dominion on earth, it is still expected that man will not do all of that alone but partner with his maker to fulfill all that is written concerning him on earth. Man is a spirit with a soul in a body on earth, he can feel, think, have a will, and desire. The soul of a man is composed of memory, mind, emotion, will, and intellect. All I'm trying to say is that a man can think and make decisions all by himself, because of the availability of his soul, he can decide to be happy and also choose to be sad.

The ability to decide the right thing and do it with ease is by the grace and strength of God. The ability to choose joy, regardless of challenges or circumstances, is by the grace of God. While life presents difficulties that may test our faith and happiness, the Scriptures encourage us to rejoice always as an act of faith and obedience. This chapter explores the importance of joy, its connection to God's will and how it impacts our lives.

It is within man's power to choose joy or succumb to sorrow. This choice is echoed in **Philippians 4:4** which states ***"Rejoice in the Lord always, I say again: Rejoice."***

Here, rejoicing is not presented as a suggestion but as a command. Repetition refers to the act of putting emphasis on something and repeating it. Repetition in the Bible often emphasizes the significance of an instruction. Joy is a deliberate act of the will, a decision to align oneself with God's purpose, regardless of external circumstances.

By observation, I realized that in the scripture the will of man is always included in a statement leading to action. "I will give thanks to the Lord, I will worship him, I will praise him and the likes are an example of the intentions of a man. Will is the source of actions, joy is an indicator of God's presence, and it is like a signboard that makes it known to man that God is present.

Psalms 16:11 declares ***"You will show me the path of life; in Your presence is fullness of joy; in Your right there are pleasures forevermore."***

Joy is not merely an emotional response but a sign of God's presence in a believer's life. It reflects a deep, abiding connection with Him. Joy is what you find in God and with God, but it takes an intentional man to fully tap into this gift of joy. No matter the level of desire God has for a man to be joyful always, some things can contradict or obstruct that desire, which are life challenges, exposure, and environment.

You can force a horse to the river and explain the benefits of water to the horse but you can't force the horse to drink it, Yes! God can bypass the will of man and that can happen by mercy because it is rare as it does not happen to anyone. To fully experience God's joy, man must actively partner with God, aligning his thoughts and desires with God's will. As a believer, you will have to come to that point in God where you decide to be joyful always regardless of the situation.

Despite God's desire for man to be joyful, external factors such as life challenges, environmental influences, and personal experiences can obstruct this state.

Proverbs 23:7 reminds us: ***"For as he thinks in his heart so is he."***

Have you ever noticed that whenever you aren't happy or you are sad/sorrowful, you unconsciously have negative thoughts? You can't think of something positive and even if you do. You don't believe them deep down inside of you because your soul is already contaminated with bitterness so it makes you most times end up with bitter conclusion. You get to start seeing negative things and have negative thoughts, dreams, and imaginations. This is one of the consequences of a bitter and sorrowful heart. When a man's heart is weighed down with sorrow, it breeds negative thoughts, dreams, and imaginations. Such state affects decision-making, outlook of life, and even physical

health. On the other hand, imagine what will happen if you were glad and joyful always, your thoughts will align with your emotions and you begin to think positively and you begin to imagine something great and beautiful, with wonderful expectations. Choosing joy transforms our perspective, enabling us to see hope and possibilities, even in adversity.

Nehemiah 8:10 states: ***“Do not be grieved for the joy of the Lord is your strength.”***

I believe that joy is a foundation on which you build God’s gifts and blessings. Foundation determines what you build on a house, a bitter and sorrowful soul cannot receive anything from the Lord, because your heart determines what you attract, be joyful and watch what will come your way. The same thing applies to when you are sorrowful, you will attract negative things, it’s just life principles.

Medically, science affirms the profound impact of joy on human health. Joy reduces stress, boosts the immune system, improves sleep, lowers blood pressure, and increases longevity. Spiritually, joy strengthens our faith and keeps us aligned with God’s promises. It also has a positive impact on the human mental health.

In **Jeremiah 29:11**, God says to the Israelites in captivity which also serves as a reassurance to the redeemed of Christ in the world today: ***“For I know the plans and the thoughts that I have towards you,’ says the Lord, ‘plans for peace and wellbeing and not for disaster to give a future and hope.”***

Now we can see the beauty of the thought the Lord has towards us, it is of good. Now let’s look at another of God’s thoughts.

John 15:11 says:

“I have told you this so that my joy may be in you and that your joy may be complete.”

Our Lord Jesus Christ, just before his crucifixion said to his disciples; this clearly states that GOD’S WILL for us as believers IS THAT WE ARE JOYFUL and the understanding of this will cause HIS JOY to ABIDE IN US ALWAYS.

There is a partial joy and there is a complete joy.

God desires that we experience complete joy – a joy that is constant and independent of external factors. Our thoughts and emotions significantly influence our experiences.

A joyful heart aligns with positive thoughts and expectations, creating a cycle of hope and optimism.

Partial joy is a joy that is under circumstances and is seasonal, it can be easily defeated, predicted, and omitted but complete joy is what I call a “CONSTANT JOY”. Unlike partial joy or mere happiness, which is temporal and circumstantial, complete joy is rooted in God’s presence and promises. Nothing can take it away no matter the storm for the issues of life, the joy is always there and expressed. Just as a drunkard’s intoxication is evident to all, the fullness of joy manifests outwardly in our actions, words, and demeanor. As long as your joy is full, it will be expressed in the physical.

Joy is a blessing from God and it is a good gift. God has blessed man with his gift but it is expected of him to maximize it.

CHAPTER TWO

WHO IS A BELIEVER?

Romans 10:9 *“Because if you acknowledge and confess with the mouth that Jesus is lord” (recognizing his power, authority, and majesty as God) and believe in your heart that God raised him from the dead, you will be saved.”*

A believer is one who acknowledges and confesses with their mouth that Jesus is Lord – recognizing His power, authority, and majesty as God – and believes in their heart that God raised Him from the dead.

By this belief and confession, man is saved and becomes a partaker of the eternal life God offers through Christ.

From the beginning of creation, God designed man in His relationship with Him. However, after the fall in the Garden of Eden, humanity became enslaved to sin, living in bondage and separated from God. Despite God’s continuous efforts to reconcile mankind through prophets and chosen men, the relationship between God and man remained strained. Mankind has lived under the captivity of sin without the willingness to be set free with a hardened heart and they lived for a long time. Man was under the bondage of sin and death, especially the way the devil took advantage of the curse God placed on mankind after the fall, he pushed them to sin to displease God always. When it came to flesh man was helpless, not all could live a sinless and righteous life.

In His infinite mercy, God sought ways to reconnect with humanity. He raised prophets and chose willing men to walk with Him. These men performed miraculous works, delivered generations from captivity, and displayed God’s mighty power so that people would believe in Him. Unfortunately, many still rejected Him, relying on their own strength and works instead.

“And without faith is it impossible to please God. Because anyone who comes stop him must believe that he exists and that he rewards those who earnestly seek him.” (Hebrew 11:16)

Despite the prophets and divine interventions, mankind repeatedly fell back into sin after repentance – if they even repented at all. God, though deeply grieved by human disobedience, continued to love His creation.

“The Lord regretted that he and made human beings on earth and he heart was deeply troubled.” (Genesis 6:6)

God longed to restore His relationship with mankind. Destroying humanity would have contradicted His love and purpose.

Would you desire to destroy what you worked so hard to create? Similarly, God didn't want to destroy the very beings He created in His own image and gave dominion over all living things.

What a waste of time and disappointment would it have been if mankind was destroyed; the devil would have been so glad that there would be celebration in the kingdom of darkness.

Remember, heaven rejoices over a saved soul.

“In the same way I tell you, there is rejoicing in the presence of the angels of God over every sinner that repented”. (Luke 25:10)

Heaven rejoices over a soul that is saved this means God's Joy is the greatest, as he is the supreme God.

If mankind was utterly destroyed would it have been that the God who created man did not have the power to change their heart from sin? Didn't he have the power to make them follow him and not submit to the devil and the lust of the flesh?

Instead of destruction, God sought to reconcile humanity. He desired a relationship with His creation where communication would flow freely and sin would no longer separate them. Yet, there was a principle in place:

“For the wages of sin is death but the gift of God is eternal life through Jesus Christ our Lord” (Romans 6:23)

This world is governed by laws and principles. There is a principle that is already established, and it must be followed on earth; No sinner must go unpunished.

Man, enslaved to sin, was fulfilling the lusts of the flesh, powerless to escape the cycle of sin and death.

For the flesh against the spirit and the spirit lusteth against the flesh and these are contrary to another. So that ye cannot do the things that ye would. (Galatians 5:17)

In His love, God gave His only Son, Jesus Christ, to come into the world in human form and die for humanity's sins. Jesus bore the punishment meant for man, taking sin upon Himself and nailing it to the cross.

He bore our sins in his own body in the cross, so that we might die to sin and live for righteousness, by his wounds we have been healed. (1 Peter 2:24)

God could have sent Jesus in a spectacular way – perhaps descending from heavens with angels, proclaiming salvation, then He would probably have told the world to kill Him, hang Him on the cross, resurrect on the third day after he died, he will appear in the sky for the world to see and return to the heavens, leaving the world to rejoice that their sins are all forgiven and forever. But if Jesus had returned immediately, humanity would have quickly fallen back into sin.

But my question is if Salvation happened in that manner, once Jesus goes back to heaven will that stop man from sinning? For how long do you think He will keep coming back to take away sins? Just within a few months man will definitely forget all that has happened and probably forget their God and go back to sin.

What Jesus came to do is more than just cleaning our sins and dying for it.

Instead, Jesus came to reconcile mankind to God, break the captivity of what distanced mankind from God, which is SIN!

He took the key from sin and death after resurrecting from the dead and gave humanity the ability to overcome flesh.

“Where, O death, is your victory? Where O death is your sting? The sting of death is sin, and the power of sin is the law. But thanks to God! He gave us victory through our Lord Jesus Christ.” (1 Corinthians 15:55-57)

Jesus came in human form, experiencing life as man to show the level of life God intended for humanity. He demonstrated humility by being born of a virgin, living as a man, and walking through life's challenges.

His lowly birth shows the level of humility God bore. He diligently followed the process of mankind's frailty by being birthed by a virgin; being conceived in the womb for nine months, and then delivered (even in the most humiliating venue) in the manger. (The one spectacular thing in his process of coming to this world was his supernatural

conception; He was conceived by the power of the Holy Spirit not by natural conception.)

In doing this, God himself was touched by our infirmities and limitations; by all means he felt what we felt as a human, He became 100% man. He made Himself our perfect example. (Hebrews 2:17; 4:14-16, 5:7). He overcame the world, and showed us that it is possible for man to live victoriously over sin. He equipped as many as believe on Him this power.

Luke 10:19 states: I have given you the authority to trample upon snakes and scorpions and overcome all the power of the enemy, nothing will harm you.

John 1:12 states: “yet to all who did receive him, to those who believed in his name, he has given the power to be called the sons of God.”

Those who believe in Jesus Christ and accept Him as Lord are saved by His blood and become partakers of the blessings attached to salvation. These individuals are called BELIEVERS.

Believers are no longer under the dominion of sin and flesh but are empowered by the Spirit of God. Through Christ, they are given authority of His name enabling them to live victorious lives. They have power over everything on earth: snakes, serpents, principalities, devil, and power. They are now under the authority of Jesus, and in His name they can do mighty works.

Believers are also gifted the Holy Spirit, a promise of Salvation (Acts 2:38)

Ephesians 1:13 In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise

He is the seal of their redemption, the gift of Salvation.

Jesus declared in John 16:13 ***“But when He, the Spirit of truth, comes, He will guide you into all truth, He will not speak on His own; He will speak only what He hears, and He will tell you what is yet to come.”***

The Holy Spirit is the Spirit of truth, guiding believers into all truth. (John 14:16-17; 14:26).

Since then believers have been existing and they have been increasing in number daily.

However, the believer is not called to live for himself but to continue the work Jesus began on earth. They were not given power and authority for themselves alone, but to dominate over the work of the devil and to help others and set the captives free just like Jesus did on earth. They are Christ's ambassadors, sent out to spread His light in a dark world.

The Believer is one who has faith in Jesus Christ, accepts His sacrifice (i.e. His death, burial, resurrection and ascension to glory) and follows His teachings. Believers are called to live righteously, guided by the Holy Spirit, and continue Christ's mission on earth. They are the light in a world of darkness, empowered to spread the gospel and reconcile others to God until the day Christ returns.

They are the replica of Christ on earth as the early church at Antioch were regarded (Acts 11:26).

Believers are called to Preach the gospel; share the good news of salvation with all nations, exercise authority over sin, the devil, and his works; represent Christ in a world of darkness and perversion by shining as light, empowered by the scripture (the believer's manual) and the Holy Spirit (the believer's help; John 14:16) to fulfil God's purpose on earth. Through the help of the Holy Ghost, the believers are expected to continue the work that Jesus has started on earth till he comes back again, while Jesus has gone to create a space for believers in heaven according to His words in ***John 14:2-3 "In my Father's house are many dwelling places. If it were not so, I would not have told you, I will come back again and take you to myself, so that where I am you might be also."***

CHAPTER THREE

THE GIFT AND POWER OF JOY

The experience of joy is not confined to earth; it also resonates in heaven. In fact, heaven is the primary beneficiary of the power and gift of joy, which does not only occur on earth but also occurs in heaven. In fact, the heaven are the first beneficiary of the power and gift of a divine joy. As believers, we know and affirm that true joy emanates only from the presence of God. There is a clear distinction between godly joy and worldly joy, each with its unique characteristics.

The worldly joy is fleeting and circumstantial. It emerges only when triggered by external events, making it temporary and unstable. In contrast, godly joy is boundless, pure, and eternal. It is rooted in God's nature and presence, untainted by sadness or destruction. As **Psalms 16:11** declares ***"You will show me the path of life; in Your presence is fullness of joy; in Your right there are pleasures forevermore."***

Happiness is a decision. It is a choice made individually, irrespective of circumstances. I believe firmly that reasons to be joyful are always available to those who seek them, even in the face of challenges. As believers, we must cultivate the mindset that joy can coexist with trials because our trust is in God.

Problems often appear as enemies of joy, but their coexistence depends on the individual accommodating them. Joy is meant as much as they are not meant to be together they can still stay together depending on the person accommodating them.

Genes are either dominant or recessive, determining physical traits in offspring. For instance, if a father is tall, dark, and has a pointed nose while the mother is short, fair, and has a flat nose, the child's physical characteristics will reflect the dominant traits from either parent.

Similarly, emotions function in this way. Joy and sadness compete for dominance, but the one you choose to nurture will prevail. ***Philippians 4:4 reminds us, "Rejoice in the Lord always; again, I will say, rejoice!"*** By choosing joy, we make it the dominant force in our lives, subduing sadness.

As a scientist, I recall studying "mutation" under DNA and genetic inheritance.

Genes are either **dominant** or **recessive**, determining physical traits in offspring. For instance, if a father is tall, dark, and has a pointed nose while the mother is short, fair, and has a flat nose, the child's physical characteristics will reflect the dominant traits from either parent. If the baby came out to be tall, dark, and has a pointed nose, this shows that when the pairing was happening in the chromosomes of tall, dark and pointed nose gene in the father's DNA was dominant while the short, fair and flat nose chromosomes of the mother's DNA is recessive.

Similarly, emotions function in this way. Joy and sadness compete for dominance, but the one you choose to nurture will prevail. Anyone you experience is the dominant one, so you decide the one that is to be dominant and the one that is to be recessive.

Philippians 4:4 reminds us, "Rejoice in the Lord always; again, I will say, rejoice!" By choosing joy, we make it the dominant force in our lives, subduing sadness.

As believers, joy and happiness are the fruits of total trust in God. ***Psalms 40:4 states, "Blessed is the one who trusts in the Lord, who does not look to the proud, to those who turn aside to false gods."*** Trusting in God brings peace and confidence, even in the face of adversity.

Imagine being challenged to a physical fight. Upon meeting your opponent, you find them smiling and laughing confidently. This unexpected reaction could leave you feeling unsettled and doubtful. Why is your opponent so confident? What do they know that you don't? Fear will start to grip your soul, and a lot of confusions and doubt will start to come into your mind. With that, there is already a 40% guarantee that your opponent will overcome you in that warfare, and that's because he came with a strange and unexpected approach. An expression of joy is the least you're expecting from your opponent and that placed you in a confused state.

Psalms 2:4 affirms, "The One enthroned in heaven laughs; the Lord scoffs at them." This verse reveals God's supremacy and confidence in His ultimate victory over His enemies. Similarly, believers can laugh in the face of challenges, knowing that the battle is already won through Christ. This is a great example of how a believer should

react at the presence of challenges, battles and warfare. This demonstrates the power of joy as a weapon of spiritual warfare.

SYMPTOMS OF JOY

We will be discussing on the signs and symptoms that a joyful believer showcases.

A joyful believer exhibits certain unmistakable signs. ***Proverbs 15:13 says, “A heart full of joy and goodness makes a cheerful face, but when a heart is full of sadness, the spirit is crushed.”*** Joy is evident in a person’s demeanor. A cheerful face, bright countenance, and positive attitude are all signs of godly joy. Every spiritual instruction has a natural benefit. Like I said earlier God is a father who loves and care so much for us so therefore he is interested in every part of our lives. So when he instructs us to do something it is to the end that every areas of our lives will benefit from the instruction, I’m saying this because there is also a natural benefit to staying joyful and having a smiling and cheerful face. When you see all these signs in a believer, without any doubt such a believer has the joy of the Lord.

Maintaining joy has practical benefits for our physical and mental health:

- Reduction of stress
- Boosted immune system
- Lower blood pressure
- Increased confidence and pain relief

On the other hand, ***Proverbs 15:13b says, “...but when a heart is full of sadness, the spirit is crushed.”*** Sadness crushes the spirit. A man devoid of joy often becomes spiritually weak, burdened by worry, and prone to complaining.

John 10:10 warns, “The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.”

The devil, the thief, seeks to rob believers of joy, leaving them vulnerable to destruction. The devil which is the thief has stolen the joy of a sad man and successfully destroyed his happiness, if care is not taken the sad man will walk in the path of destruction which

will lead to death (then just as the scripture has said, the thief has stolen, killed and destroyed him which means his mission has been accomplished over him).

Proverbs 15:21 Foolishness is joy to him who is without heart and lacks (intelligent, common sense), But a man of understanding walks uprightly (making his course straight).

A man who lacks the joy of the Lord will begin to look for alternatives, something to console and comfort him and of course that will be a means to a fleshy desire, how that he will begin to delight in his own foolishness thinking he is wise in his own eyes, meanwhile he lacks common sense and intelligence.

When you see this in any man it's a sign that the man lacks godly joy.

Joy as a Spiritual Magnet

Isaiah 12:3-6

3 Therefore, with joy you will draw water from the springs of salvation.

4 And in that day, you will say, "Give thanks to the Lord, call on His name (in prayer). Make His deeds known among the people (of the earth), Proclaim (to them) that His name is exalted!"

5 Sing praises to the Lord for He has done excellent and glorious things; Let this be known throughout the earth.

6 Rejoice and shout for joy, O inhabitant of Zion, for great in your midst is the Holy One of Israel.

The verse 3 talks about 'water from the springs of salvation'.

Here, water represents the spiritual blessings, including the Word of God that believers draw from salvation.

Water in the spirit means the word of God which brings life to our spirit, soul, and body while the well of salvation is talking about the spiritual benefits like fruit of the spirit, discernment, prophecy, spiritual growth that are available to us through our relationship with God. So, with joy we have free and direct access to those things because joy is like a magnet that attracts good things. The rest of the scriptures from verse 4-6 is talking about how we will react to the goodness of God after experiencing

the benefits of his joy, also instructing us to sing praises and shout for joy always as a right citizen of Zion. As a believer our citizenship is not from this earth but from Zion the city of the great king our Lord Yahweh.

CHAPTER FOUR

JOY IS THE WILL OF GOD, LET IT BE FULL

Firstly, let's talk about the will of God. What is a will?

A "will" in the context of faith, represents God's desires and plans for humanity. His plan for is clear: God wants us to live happy and remain joyful, as ***Jeremiah 29:11*** reminds us, ***"For, I know the plans I have for you,"*** declares the Lord, ***"plans to prosper you and not to harm you, plans to give you hope and a future."***

God's intentions are good, designed to give us a hopeful future. that he knows the plan he has towards us and it is a plan of good, not of evil to give us an expected end. Our joy is a testament to our trust in God and His promises. It reflects a faith that believes in His plans, even when faced with uncertainty.

A notable preacher once said ***"Faith begins when the will of God is known"***.

Thus, living joyfully aligns us with God's will. Joy is an outward expression of our faith and trust. Even amid challenges, choosing joy signifies that we stand firm on God's promises, believe in His Word, and trust His timing. Choose TO STAND ON HIS PROMISES, BELIEVE IN HIS WORD, AND BE GLAD ALWAYS.

This therefore emphasizes that, one of the important will of God is to remain joyful. The bible emphasizes the importance of joy, particularly during trying times.

Joy is a source of strength, so when we express joy in the middle of challenges and storms it shows how strong we are and how matured we are in Christ.

Nehemiah 8:10 (NIV) 'Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the LORD is your strength."

Scriptures on Joy

Let's take a look at few scriptures that talk about "joy"

- **Psalms 16:11 (NIV)** You make known to me the path of life, you will fill me with joy in your presence, with eternal pleasures at your right hand.
- **Psalm 100:1-2 (NIV)** Shout for joy to the LORD all the earth. Worship the LORD with gladness; come before him with joyful songs.

- **Proverbs 10:28 (NIV)** The prospect of the righteous is joy, but the hopes of the wicked comes to nothing.
- **John 15:11 (NIV)** I have told you this so that my joy may be in you and that your joy may be complete.
- **Romans 15:13 (NIV)** May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the holy spirit.
- **1 Thessalonians 1:6 (NIV)** You became imitators of us and of the Lord, for you welcomed the message in the midst of severe suffering with the joy given by the Holy Spirit.
- **Psalms 51:12 (NIV)** Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.
- **Nehemiah 8:10 (NIV)** ‘Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the LORD is your strength.”
- **Philippians 4:4 (NIV)** Rejoice in the Lord always, I will say it again: Rejoice.

These scriptures highlight that joy is not just a fleeting emotion but a state of being rooted in God’s presence and promises.

Let your joy be full!

God’s kind of joy, nothing can reduce it and nothing can stop it.

It is constant and complete according to Jesus’ statement in John 15:11 “I have told you this so that my joy may be in you and that your joy may be complete.”

IT IS WHOLE! IT IS COMPLETE!! IT IS FULL!!!

So, decision today on the kind of joy you want to have.

I will advise you stick with the complete joy because with that you can please God and align with his will.

Ignorance is the enemy of progress, if you do not have a proper knowledge and understanding of some certain things you won’t have access to the blessing.

Ignorance can hinder your ability to access the fullness of joy. Knowing the importance of joy equips you to protect it. Now that you have a proper knowledge on what joy is and how important it is in a believer's life, do not let anything steal that knowledge from you. Remind yourself daily, be sensitive to times and seasons where you lose your joy. When you sense your joy diminishing, turn to God's Word. Ask for His help to restore your joy and keep His love alive in your heart.

I say to you, if you can be intentional about your joy the devil will find it difficult to attack you because he knows you have refused to let go of something that carries the presence of God, which is JOY. Joy carries the presence of God. Darkness cannot coexist with light, and the devil cannot dwell where there is joy.

As a believer, when you exude joy it means you are full of hope. A **joyful** believer is a **hopeful** believer. Interestingly, when you keep up the joyful heart, unconsciously your joy will begin to attract the things that you hoped for or you are hoping for. Hope positions you to receive all that He has promised. Hope attracts the fulfillment of God's promises. (Lamentations 3:25-26, Romans 4:18-21)

Remember ***Romans 8:28 "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."***

In conclusion, Joy is more than an emotion; it is an act of faith, a source of strength, and a reflection of God's will for the believer. Be intentional about cultivating joy, even in challenging seasons. Let your joy be full, knowing that it aligns you with God's plans and makes you a beacon of His presence. Choose to walk in complete joy today – it pleases GOD, strengthens you, and keeps you firmly rooted in His will.

CHAPTER FIVE

HOW TO BE CONSISTENTLY JOYFUL

Staying consistently joyful might seem challenging, but it is absolutely possible. Just as marriage is a commitment following a decision, so is the choice to remain joyful.

Joyfulness requires determination, focus, and intentional effort.

Below are key principles to help you maintain joy consistently:

1. Pray Always

The Bible encourages us to pray without ceasing:

"Pray without ceasing" (1 Thessalonians 5:17).

Often, when we go to God in prayer feeling burdened or sorrowful, we find relief during or after the prayer. It feels as though a weight has been lifted off our shoulders.

This happens because we are casting our burdens onto the Lord, as He invites us to do:

"Come unto me, all ye that labor and are heavy laden, and I will give you rest"

(Matthew 11:28).

Take every concern, situation, or sadness to God in prayer. Trust Him with your burdens, and you will find your way back to joy.

2. Be Full of Thanksgiving

A heart of gratitude fosters joy, even in challenging times. When you consistently give thanks—despite the reasons to feel sad—you'll find yourself naturally maintaining a joyful disposition.

At times, this joy might not even make sense to you, but it's a result of being adapted to the mindset of gratitude.

3. Set a Structure

Establish habits that promote thanksgiving and joy in your daily life. For example:

Commit to spending at least five minutes giving thanks before asking God for anything in prayer.

Make it a routine to worship God for His past, present, and future works before going to bed.

When gratitude becomes a structured part of your life, it will flow effortlessly, making it easier to maintain joy.

4. Focus on God's Faithfulness

Take a moment to reflect on what God has done for you compared to what you are still waiting for. Which is greater? Of course, it is what He has already done! Let your focus remain on His goodness and faithfulness, which far outweigh any unmet expectations.

In Conclusion, being consistently joyful is not about avoiding challenges, but about adopting practices that anchor your joy in God. Through prayer, thanksgiving, and intentional habits, you can live in joy regardless of your circumstances. Shalom!

Hymns for Thanksgiving and Joyful Worship

Below are some timeless hymns that will help you enter into a mode of joy, worship, and thanksgiving. Sing them with all your heart and experience the presence of God:

1. Count Your Blessings

Verse 1:

When upon life's billows you are tempest-tossed,
When you are discouraged, thinking all is lost,
Count your many blessings, name them one by one,
And it will surprise you what the Lord hath done.

Refrain:

***Count your blessings, name them one by one;
Count your blessings, see what God hath done;***

*Count your blessings, name them one by one;
Count your many blessings, see what God hath done.*

Verse 2:

Are you ever burdened with a load of care?
Does the cross seem heavy you are called to bear?
Count your many blessings, every doubt will fly,
And you will keep singing as the days go by.

Verse 3:

When you look at others with their lands and gold,
Think that Christ has promised you His wealth untold;
Count your many blessings—money cannot buy
Your reward in heaven, nor your home on high.

Verse 4:

So amid the conflict, whether great or small,
Do not be discouraged—God is over all.
Count your many blessings; angels will attend,
Help and comfort give you to your journey's end.

2. Now Thank We All Our God

Verse 1:

Now thank we all our God
With heart and hands and voices,
Who wondrous things hath done,
In whom His world rejoices;
Who, from our mothers' arms,
Hath blessed us on our way
With countless gifts of love,
And still is ours today.

Verse 2:

O may this bounteous God
Through all our life be near us,
With ever joyful hearts
And blessed peace to cheer us;
To keep us in His grace,

And guide us when perplexed,
And free us from all ills
In this world and the next.

Verse 3:

All praise and thanks to God
The Father now be given,
The Son and Him who reigns
With them in highest heaven—
The one eternal God,
Whom earth and heaven adore;
For thus it was, is now,
And shall be evermore.

3. Come, Ye Thankful People, Come

Verse 1:

Come, ye thankful people, come,
Raise the song of harvest-home!
All is safely gathered in,
Ere the winter storms begin:
God, our maker, doth provide
For our wants to be supplied.
Come to God's own temple, come,
Raise the song of harvest-home.

Verse 2:

We ourselves are God's own field,
Fruit unto His praise to yield;
Wheat and tares together sown,
Unto joy or sorrow grown.
First the blade and then the ear,
Then the full corn shall appear;
Grant, O Harvest Lord, that we
Wholesome grain and pure may be.

Verse 3:

For the Lord, our God, shall come,
And shall take His harvest home;

From His field shall purge away
All that doth offend that day.
Give His angels charge at last
In the fire the tares to cast;
But the fruitful ears to store
In His garner evermore.

Verse 4:

Then, thou Church Triumphant, come,
Raise the song of harvest-home;
All are safely gathered in,
Free from sorrow, free from sin.
There, forever purified,
In God's garner to abide.
Come, ten thousand angels, come,
Raise the glorious harvest-home!

4. Amazing Grace

Verse 1:

Amazing grace! How sweet the sound
That saved a wretch like me!
I once was lost, but now am found,
Was blind, but now I see.

Verse 2:

'Twas grace that taught my heart to fear,
And grace my fears relieved;
How precious did that grace appear
The hour I first believed!

Verse 3:

The Lord has promised good to me,
His Word my hope secures;
He will my shield and portion be
As long as life endures.

Verse 4:

When we've been there ten thousand years,
Bright shining as the sun,

We've no less days to sing God's praise
Than when we first begun.

5. It Is Well with My Soul

Verse 1:

When peace, like a river, attendeth my way,
When sorrows like sea billows roll;
Whatever my lot, Thou hast taught me to say,
“It is well, it is well with my soul.”

Refrain:

*It is well with my soul,
It is well, it is well with my soul.*

Verse 2:

Though Satan should buffet, though trials should come,
Let this blest assurance control:
That Christ hath regarded my helpless estate,
And hath shed His own blood for my soul.

Verse 3:

My sin—oh, the bliss of this glorious thought!—
My sin, not in part, but the whole,
Is nailed to His cross, and I bear it no more;
Praise the Lord, praise the Lord, O my soul!

Verse 4:

For me, be it Christ, be it Christ hence to live;
If dark hours about me shall roll,
No pang shall be mine, for in death as in life
Thou wilt whisper Thy peace to my soul.

Sing these hymns regularly, and let them renew your heart with gratitude, worship,
and the joy of the Lord.